

Spreading Happiness At Work

Building Morale For Individuals and Teams

Spreading Happiness at Work explores the importance of positivity in the workplace. Participants will implement collective happiness strategies, discuss current scientific research, and create a more positive work culture.

In this course, learners will:

- Learn how to connect more effectively with others
- Leverage improved optimism for higher work performance
- Explore ways positivity can help you spread happiness
- Enhance the work environment with researched positivity strategies
- Consider and collaborate on how to bring sustained happiness to the workplace

Learners will have a chance to immediately apply the material and reflect daily on what they learn through experiments and group discussions.

Developed in Partnership with



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- Leverage improved optimism for higher work performance
- Explore ways positivity can help spread happiness
- Enhance their work environment with researched positivity strategies
- Consider how to bring sustained happiness to their workplace

Author



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Course Outline

DAY 1

Connecting with Others to Strengthen Ourselves

Mirror Neurons: We Are Hard-Wired to Connect
The Impact of Mirror Neurons in Your Workplace
Conscious Acts of Kindness

DAY 2

Improving Happiness & Success at Work

Predicting Your Success at Work
Performing at Our Positive Potential
Dealing With Toxic Employees
Positive Ways to Combat Workplace Negativity

DAY 3

Spreading Happiness to Others: Recognizing the Positive

Praise & Recognition
Investing in a High Performance Environment
Identifying Events Worthy of Praise

DAY 4

Building a Positive Work Culture

Spreading the Happiness Advantage
Changing the Social Script to Change Culture
What Giving Gets You at the Office

DAY 5

Interactive Capstone

Cohort members, faculty and a moderator synthesize learnings from the week and develop insights for next steps.